

ABSTRACT OF THE DISCLOSURE

A golf learning aid is directed to improving an individual's golf swing by monitoring spine angle during a golf swing and alerting the individual when the spine angle varies outside of a predetermined maximum spine angle range during the swing. The system includes a device affixed to a top portion of a cap worn by the user, and an earpiece affixed to the device for playing an audible alert. The device employs a microcontroller, a tilt sensor and a system of buffering and filtering to provide real-time feedback on a user's spine angle during the swing. It is an additional feature of the system that the microcontroller generates an audible and repetitive tone as a metronome cadence when the microcontroller detects that the user is set up for a golf swing. The metronome cadence is provided to improve one's rhythm and timing in the golf swing and golf swing routine.